

## **Child and Adult Care Food Program**

Hello! Welcome to the December edition of the Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) Monthly E-Newsletter. We hope you have enjoyed our monthly installments of CACFP related guidance and news gathered for you.

If you need additional information between monthly updates, please visit the [MDE CACFP website](#)<sup>i</sup> or call the CACFP office at 517-373-7391. Time-sensitive information may be sent out between updates as necessary.

### **Holiday Hours**

CACFP will be closed on December 24, 2015, and December 25, 2015, for Christmas and December 31, 2015, for New Year's Eve and January 1, 2016, for New Year's Day. We wish everyone a happy and safe holiday season!

### **What's New?**

It is our pleasure to announce that Tom Priest has been selected as the CACFP supervisor to replace Kim Bilyk when she retires in December. Tom has 18 years of experience in education as both a teacher and school principal in the Grand Rapids area, and has worked for MDE for the past three years. His first position was with Household Food Programs as a consultant, and most recently he worked in the School Nutrition Programs Unit as the ART II Grant Coordinator. Tom has a degree in Business Administration from Aquinas College and a Master's Degree in Educational Leadership from Western Michigan University. Tom lives in Grand Rapids with his wife Michelle, and has three children, Tim, Mike, and Katie, who are all currently either headed to college, in college, or graduating college. Tom started his new position on Monday, November 23, 2015, allowing transition time prior to Kim's retirement. Please join us in welcoming Tom!

There is a new supplement to the CACFP *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*. This handbook contains tip sheets on nutrition, active play, and screen time and is a handy resource when planning meals for children ages 2 through 5 years old. The new supplement tip sheet, titled "*Supplement C: Encourage Healthful Foods*", shows how child care centers and family day care home providers can encourage children to eat healthful foods by using easy, low-cost techniques and provides answers to questions, such as: How can I spark children's interest in food? How can I get children to try new foods? What are phrases that help make trying new foods a positive experience?

This new supplement tip sheet has a Michigan connection! MDE would like to congratulate the Association for Child Development (ACD), a Family Day Care Home (FDCH) sponsor located in East Lansing, and one of their family group home providers, "JoAnn's Helping Hands" of Sterling Heights, for being featured on page 94 in "*Supplement C: Encourage Healthy Foods*"! Thank ACD and JoAnn's Helping Hands for sharing how you encourage active play and healthy eating for the children in your care.

If you have not checked out *the Nutrition and Wellness Tips for Young Children Provider Handbook*, make sure to do so soon. The handbook is now available to download in both English and Spanish from the [Team Nutrition website](#)<sup>2</sup>. You may also order hard copies of the provider handbook in English and the Spanish version will be available shortly. For questions, or to place a bulk order, please email at [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov) or call Team Nutrition at 703-305-1624.

## **New Operational Memos**

Since the printing of the last newsletter there have been no new operational memoranda released from CACFP. The complete list of operational memos can be accessed at the [MDE CACFP website](#)<sup>1</sup> under Operational Memoranda.

## **CACFP Trainings – FY 2016**

The in-person training and workshop schedule for FY 2016 is in the development stages, and the schedule of trainings and locations will be released soon. On-line training is also available under “Training” on the [MDE CACFP website](#)<sup>1</sup>. Updated versions of Civil Rights, Recordkeeping, and Infant Meals webinars will be released soon. Other on-line training webinars are being developed for release in 2016. Please note that on-line webinars count on an “hour for hour” basis for continuing education for licensing and satisfy required CACFP staff training for Civil Rights and Recordkeeping. Once you have viewed a webinar, you can print a certificate of completion to maintain for recordkeeping purposes.

## **Common Findings during Administrative Reviews**

Each month MDE CACFP will review common findings identified by MDE CACFP monitoring staff during administrative reviews and site visits. This information is shared to both inform and provide assistance to our centers and sponsors to ensure common errors are corrected to ensure compliance with current regulations. If you have any questions on CACFP regulations, please contact us at 517-373-7391.

### **December Common Finding:**

A common finding during administrative reviews is missing or incomplete Infant Food/Formula Sign-off Statement forms. The form (also referred to as the “Infant Waiver”) is required to be completed and kept on-site for all infants’ ages 0-1 year. As centers and homes participating in the CACFP are required to offer foods to all children in care, this form is required for *all* infants, even if the center or home is not claiming infant meals.

The Food/Formula Sign-off Statement form serves to notify parents/guardians about the CACFP and the infant formula and foods provided at your center or home. The parent or guardian can then make an informed decision on whether they prefer to provide their own infant formula/breast milk and/or infant food or accept what is provided at your center or home. Often, monitors find the center or home have not specified the type of infant formula provided on-site before distributing the form to parents/guardians. You must indicate the formula your center or home provides before distributing the form to parents/guardians. Once the parent/guardian has completed the form, review the form with them to ensure it is complete. The form is valid until the child turns one year of age, but it can be modified at any time as needed. The MDE form is accessible on the [CACFP website](#)<sup>1</sup> under Forms and Instructions, Independent Centers and Sponsors of Centers.

### **Best Practices:**

Often, many common findings could have been prevented with one very easy best practice – another set of eyes! This month’s best practice is to make it a custom to have someone review your work. Menus, meal counts, food, non-food and labor cost calculations, income eligibility classification, compiling claim data – all of these CACFP tasks have a high rate of error. Having another set of eyes review your work can provide you with a built in edit-check that can reduce or eliminate having to complete corrective action and possibly lose reimbursement due to errors found during an administrative review. Utilize the buddy system as a best practice – another set of eyes can save you time and money.

### **The School Nutrition Association of Michigan (SNAM) Annual Conference:**

The 2015 SNAM Annual Conference and Exhibit Show “Through the Looking Glass of Nutrition” was a great success. Over 400 school nutrition professionals shared four days of professional development, workshops, networking lunches and more. The keynote presenters inspired and motivated everyone in attendance. At the exhibit, attendees were also able to visit 120 booths showcasing 200 vendors. The vendors were able to showcase their latest foods and provide samples of healthy choices for meals and snacks to inspire those who attended to plan tasty and creative menus in the future.

Congratulations to Betti Wiggins, Senior Deputy Executive Director, at Detroit Public Schools. Betti was awarded the SNAM Director of the Year. She will represent Michigan at the National School Nutrition Association Conference in July 2016.

Remember to save the date for next year’s conference. The 2016 Annual Conference and Exhibit Show will be held October 27, 2016 to October 30, 2016, at the Royal Dearborn Hotel and Convention Center in Dearborn, MI. For more information on SNAM, please visit their [website](#)<sup>3</sup>.

### **CACFP Monthly Nutrition Bite**

#### **Recent research**

A study published in November issue of the *Journal of the Academy of Nutrition and Dietetics* assessed the quality of preschoolers’ lunches measured against the MyPlate recommendations. The result of this study support the upcoming CACFP meal pattern changes to serve greater variety of fruits, vegetables, more whole grains, and less added sugar and saturated fat. You may access an abstract of this study [Journal of the Academy of Nutrition and Dietetics' website](#)<sup>4</sup>.

Here are a few of the key findings of the study:

- Overall sack lunches scored low. Meals lacked vegetables, plant-based proteins, and whole grains
- Only 1 in 10 had the recommended amounts of greens and beans. Nearly half did not pack any vegetables at all
- More than 80% did not pack the recommended amount of vegetables
- Nearly 70% did not pack enough whole grains, seafood, and plant-based proteins
- Over 60% had more than the recommended limits for refined grains, sodium, and saturated fats
- Over half contained the recommended amounts of dairy and protein
- Most parents (70%) were likely to pack fruit

Interesting results! While we await the implementation of the final rule in 2016, we are reviewing probable key changes in the proposed rule to promote an easier transition period once the rule becomes finalized.

### **Milk: A Required Meal Component is also a Local Food**

According to information from [Cultivate Michigan website](#)<sup>5</sup>, Michigan is one of the leading states in the U.S. for milk production, ranking 7<sup>th</sup> in the nation. In 2013, Michigan’s dairy cows produced more than 9.2 billion gallons of milk – contributing \$14.7 billion dollars to the state’s economy annually. Dairy products, such as milk, are an excellent source of several essential nutrients including calcium, magnesium, phosphorus, potassium, protein, and vitamins A & D. As part of the SNAM Annual Conference and the United Dairy Industry of Michigan (UDIM), MDE staff and school nutrition professionals were able to visit a local milk producer, Prairie Farms, and a family owned dairy farm to learn about how milk is processed from the cow to the container - typically in less than 48 hours! Purchasing local milk can be part of your Farm to Preschool initiatives by checking to see if your local store purchases milk locally. Each container of milk is identified by a 5-digit code which includes a 2 digit state code followed by a 3 digit

processing plant code. Michigan's code is 26. To see how to determine if your milk is local, check out the Cultivate Michigan's [Milk Purchasing Guide](#)<sup>6</sup>. Additional resources on milk and nutrition education can be found on the [United Dairy Industry of Michigan website](#)<sup>7</sup>.

Fluid milk is a required component for meals and an option for snacks in the CACFP. To be consistent with the most recent version of the Dietary Guidelines of America, the proposed meal pattern **requires whole milk only** be served to children ages 1 - 2 years and **non-fat (skim) or low-fat (1 or 1/2 %)** to be served to participants age 2 years and older. The current CACFP meal pattern recommends, but does not require, whole milk for children age 1 – 2 years and requires low-fat or non-fat/skim milk for participants age 2 and above. Increase your success meeting the new meal patterns by implementing "bite size portions" of the proposed meal pattern changes now. For more information and tips, check out the "[Build a Healthy Plate with Milk](#)"<sup>8</sup> tip sheet from the *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* referenced above.

### **Recipe of the Month**

Serving a healthy snack sounds easy, but often thinking of ideas for a healthy snack can be challenging. As a best practice, snacks should consist of foods that would be served at a meal. Instead of "filler food" snacks which don't offer much nutrition like high sugar cookies, salty pretzels, and high calorie juice, provide a "super snack" made from "filling foods" such as healthy fruits, veggies, whole grains, and/or protein-rich foods like yogurt, cottage cheese, beans, nuts, or real cheese. These foods provide more nutrition "bang for your buck" and supply nutrients we all need to stay healthy. Here is a healthy protein-rich snack recipe from the Texas Department of Agriculture recipe for you to try out. Please share healthy snacks that work for you! Sent your healthy snack ideas to Melissa Lonsberry at [lonsberrym@michigan.gov](mailto:lonsberrym@michigan.gov).

### **Delicious Cottage Cheese Dip**

#### **Serves 8**

#### **Ingredients:**

- 8 ounces low-fat small curd cottage cheese
- 3 TB of low fat plain yogurt
- 2 TB finely shredded cheddar cheese
- 1 TB dill weed
- 2 TSP Worcestershire sauce
- 1 TSP salt
- 1 TSP celery salt (optional)

#### **Procedure:**

1. Combine cottage cheese, yogurt, and cheese in a mixing bowl.
2. Add spices and stir to mix well.
3. Serve 1 ounce dip with another component to make a creditable snack.  
Suggestions include: carrot and/or celery sticks, whole grain tortillas/chips, toasted whole wheat pita wedges.

Recipe crediting information: One ounce dip = 1/2 ounce meat/meat alternate.

Recipe Source: *Snacks that Count: Recipes for Nutritious Snacks*, Texas Department of Agriculture. View cookbook [here](#)<sup>9</sup>. Accessed: November 16, 2015.

### **Farm to School /Preschool**

Farm to Preschool provides young children with opportunities to learn about food and agriculture through hands-on activities and experiences while supporting local farmers by buying local food. It is a natural expansion of the national farm to school movement. Nationally farm to preschool initiatives serve a variety of early childhood care settings, including preschool, Head Start, center-based care, preschool programs in K-12 school

districts, and family child care homes. Farm to preschool initiatives also fit in well with the CACFP meal pattern by including local fruits and vegetables when they are in season.

To learn more about farm to preschool programs in other states, please check out a great video shared with us from our colleagues in Minnesota. Click [here](#)<sup>10</sup> to access the video. There is also a great Farm to Preschool resource list available as well. Click [here](#)<sup>11</sup> to view resources available.

### **Spotlight on Child Nutrition Programs**

The MDE Food and Nutrition Programs include the administration of the United States Department of Agriculture (USDA) Child Nutrition Programs (the CACFP and School Nutrition Programs) as well as the Food Distribution Program (also referred to as Commodities or the Commodities Program). This month we spotlight the Food Distribution program. The Food Distribution unit has the administrative responsibility for the receipt and distribution of USDA commodity foods and funds supplied by the USDA. Recipients include schools, residential child care institutions, summer camps, and low-income households in need of nutrition assistance. The annual value of the food purchased for Michigan by the USDA for distribution to schools is over \$32 million and over \$37 million for household programs. The School Food Distribution Program is available to schools and agencies participating in the National School Lunch Program. The household programs administered by the Food Distribution Unit include the Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP). The CSFP is designed to improve the health of low-income elderly persons, 60 years and older, by supplementing their diets with nutritious USDA donated foods. TEFAP supplements the diets of low-income persons of all ages, including elderly people, by providing emergency food and nutrition assistance. To learn more about the Food Distribution Program at MDE, please visit their [website](#)<sup>12</sup>.

### **FDCH Sponsors Section**

The MDE CACFP is requesting input from independent centers, sponsors of centers, and FDCH Sponsors. The USDA is requesting comments on the CACFP handbooks. If you have noticed discrepancies, unclear information, or items you would like to see further clarified in the handbooks, please let us know and we will pass on the information to the USDA. The CACFP Handbooks can be found [here](#)<sup>13</sup>.

The USDA has not yet given a specific deadline for comments, but we are requesting comments be sent to Stephanie Schenkel at [schenkels2@michigan.gov](mailto:schenkels2@michigan.gov) as soon as possible. MDE will notify you of the deadline for comments as soon as it is determined.

MDE appreciates your efforts to administer the Child and Adult Care Food Program and provide the benefits of the program to children and their families.

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<sup>1</sup> <http://www.michigan.gov/cacfp>

<sup>2</sup> <http://www.fns.usda.gov/tn/team-nutrition>

<sup>3</sup> <http://michigansna.org/index.php?bypassCookie=1>

<sup>4</sup> [http://www.andjrn1.org/article/S2212-2672\(15\)00648-6/abstract](http://www.andjrn1.org/article/S2212-2672(15)00648-6/abstract)

<sup>5</sup> <http://www.cultivatemichigan.org/>

<sup>6</sup> [http://www.cultivatemichigan.org/sites/default/files/documents/Milk\\_Guide\\_FINAL.pdf](http://www.cultivatemichigan.org/sites/default/files/documents/Milk_Guide_FINAL.pdf)

<sup>7</sup> <http://www.milkmeansmore.org/>

<sup>8</sup> <http://www.fns.usda.gov/sites/default/files/milk.pdf>

<sup>9</sup> <http://healthymeals.nal.usda.gov/hsmrs/Texas/SnacksThatCount.pdf>

<sup>10</sup> <http://education.state.mn.us/MDE/SchSup/FNS/CACFPCenter/NutrWell/index.html>

<sup>11</sup> <http://education.state.mn.us/MDE/SchSup/FNS/CACFPCenter/NutrWell/FarmtoChildCare/023721>

<sup>12</sup> [http://www.michigan.gov/mde/0,4615,7-140-66254\\_61446---,00.html](http://www.michigan.gov/mde/0,4615,7-140-66254_61446---,00.html)

<sup>13</sup> <http://www.fns.usda.gov/cacfp/cacfp-handbooks>